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Alteration Technique: Make the Waistline Fit On Pants or Skirts

By Lonnette Marsh
Extension Agent

Each of us strives to wear attractive and well fitting clothes. Often this is not easily done because of weight changes and the lack of unified standard measurements in ready-to-wear and commercial patterns.

One of the major fitting problems in both female and male garments is the fit of the waistline. Adjustments or alterations can be made to increase or decrease the waistline.

To make the waistline larger:

1. Measure around the waist at the place the top of the pants or skirt is to come.

2. Measure around the top of the garment.

3. Subtract the size of the waistline of the garment from the size of the person's waistline. This is the amount you need to let out. Divide this difference by 2. This is the amount you need to move the seam stitching.

Example: 28" size of person
26" size of garment
2" difference
Divided by 2 = 1"

4. Look at the side, center and back seams. If the garment has a center front or center back zipper, alterations should be done at the side seams. If it has a side zipper, alterations should be done at the center back and/or center front.

5. Decide which two seams you are going to alter. Make certain that both sides of the seam allowance is wide enough to move the seam stitching the amount needed. (Note: Allowing 1" at each of the two seams means allowing ½" on each side of the seam allowance.)

If they are not wide enough then (a) you will also need to alter another seam depending where the zipper is located and (b) divide your difference by 3 instead of 2. Therefore, you will let out each of the three seams ⅓ of an inch.

6. Mark with pins or tailors chalk where the new seam stitching wil be.

7. Baste the new seamline; pull out old seamline. Try on and check fit.

8. Machine stich; make sure to backstitch. Then press.

To make the waistline smaller:

1. Measure around the waist at the place the top of the pants or skirt is to come.

2. Measure around the top of the garment.

3. Subtract the size of the waistline of the garment from the size of the person's waistline. (If the pants are more than 2 inches larger than the person, do not try to alter them because you may distort the garment).

If the difference is 2" or less, divide the amount by 2. This is the amount you need to adjust the seamline.

4. Same as direction #4 in making the waistline larger.

5. Decide which two seams you are going to alter. (Note: Taking up 1" at each of the two seams means taking up ½" on each side of the seam allowance).

6-8. Same as directions #6-8 in making the waistline larger.

If you have any alteration problems, please call or write us at the Appomattox County Extension Office. We will be glad to assist you.

Plans Finalized For Agriculture Census

Final preparation are under way at the Burea of the Census, U. S. Department of Commerce, for the next Census ofAgriculture beginning in January to canvass 1978 farm and ranch activities across the nation. Every household which conducts agricultural operations will receive a form about the first of the year.

"Farmers are encouraged to respond as fully, accurately and quickly as possible to the survey," Joel S. William's, Virginia Tech Extension specialist in marketing, said. "The census is designed to help farmers get an overall look at the agriculture picture, but will only be useful if the response is accurate and complete," he added.

Report forms for the 1978 census have been drastically reduced from the last 22 page farm census. In this census, 21st in a series that started in 1840, most farm and ranch operators will receive a four-page form in the mail, while some will receive a five-page version.

On the report form, each farmer or rancher will need answer only questions that apply to his or her operation. The form is arranged so that individual questions or sections dealing with crops and livestock not produced can be skipped.

The overall time required by farmers to complete the form has been reduced an estimated one-third.

In developing the report forms, the Census Bureau obtained the advice of farmers, representatives of farm suppliers, agricultural universities, Congress, and state and federal program agencies. Two tests of the census form were conducted to determine that the questions were easily understood so farmers and ranchers could accurately supply the information requested.

The new farm census has been advanced one year to put it into phase with the five year cycle of censuses of business and industry. Beginning in the year 1982, farm censuses will be held for years ending in 2 and 7.

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The Pastor Speaks

Ye are our epistle written in our hearts, known and read of all men. II Cor. 3:2.

A piece of paper as such is worth very little. Print the right thing upon it and it becomes of great value. Paper is valued then according to what may be read from it. The scripture gives a picture of character being written upon. "Ye are our epistle." We are really living in dangerous days. The world has gone all out to stain the character of every person. Christian faith is our defense. Character is read by people of our daily contacts and is given an interpretation and appraisal. Attention is called to Christianity alive in character. Paul's congregation at Corinth was recognized as having a number of persons who had received the light of Spiritual incarnation. Their light was not "under a bushel". When Christ said. "I am the vine, ye are the branches," he meant our characters could share in the likeness of Himself. Some of the elements of this sharing are: Our thinking, "let this mind be in you which was in Christ." Our service. Do not detach yourself from the cross, take it up and follow. Then the inclusive element which is compassionate love. So called "love" without compassion is mockery. May the work of God's love be inscribed so deeply in our character that it will stand out in brave relief before the world and be read by everyone as an evidence of our faith and testimony to the world.

Floyd M. Lucas
The United Methodist Church

THE BIBLE AND DAILY LIVING
By Dr. William L. Trimyer

TRADING IN THE OLD FOR THE NEW
Lesson for January 7, 1979
Background Scriptures: I Peter 1:13-25; Romans 8:1-14; II Cor. 5:16-17; Eph. 2:1-10

"For the law of the Spirit of life in Christ Jesus has set me free from the law of sin and death."

WALKING CORPSES!

What does it mean to be fully alive? What does it mean to be a new person in Christ? The answer to these questions are found in the "fifth gospel" of Paul's Roman letter. This letter is a theology book in and of itself, for in it Paul deals with the nature of God, the universal problem within people, and the provision for human deliverance in the Person of Christ.

One of the pathetic sights in this world are those persons who are only half alive. These "half alive" people are out of touch with who they really can become. Jesus came to show men and women how to be truly human and fully alive!

Chapter 8 of Romans is Paul's grand announcement that a Christian is one who experiences "new life" in the Spirit. In fact, the entire chapter deals with what it means to live in the Spirit. The idea of "living in the Spirit" means for Paul that a person is set free from the imprisonment of the law. Paul is actually talking in legal terms of acquittal. "There is now no condemnation for those who are in Christ Jesus."

Something happens inside us when we make a commitment to Christ. The love of God for us as individuals awakens in us a new perspective on life. The new life we live in Christ sets us free from the destructive forces of sin and death.

BEING FULLY ALIVE!

New life in Christ opens up doors of living we've never experienced before. We would do well to walk through these "open doors" and take full advantage of our brief sojourn on this wayward planet. We should try to live each day as though it were our last. It could be, you know!

The life that does not reach for the stars leaves a sad epitaph. The epitaph on a certain tombstone reads: "Born 1919. Died 1978. Lived 30 years." George Bernard Shaw has suggested that the appropriate epitaph for many persons might read: "Died at age thirty, buried at age sixty."

In the Ephesian letter Paul strikes the note once again of what it means to be alive in Christ. "And you he made alive, when you were dead through the trespasses and sins . . . New life in Christ is a gift pure and simple. It is a gift that comes to us from God our kind Father. Paul goes on to point out that we are the product of God, and that we were created for good, not evil. That makes each person important to God.

One Sunday during worship I had the children learn about their uniqueness as persons. I had them repeat several times the following sentence: "I am special; I am one of a kind."

We are special to God; so special that He gave totally of Himself through His Son, Christ Jesus. In Christ we meet face to face what it means to be truly human and fully alive. In Christ we receive the gift of new life. It is a matter of trading in the old and becoming somebody new!

A CHANGE FOR THE BETTER!

The move towards Christ is a move for the better. When people change, communities and institutions change. When a person experiences new life in Christ we actually begin to see changes in families. When a negative life becomes positive, exciting things begin to happen which makes our world a better place to live in.

We might remember something an elderly woman once said: "I'm going to live 'till I die, and then I'm going to live forever."

God did not create us to be "walking corpses!" If your life is meaningless and unrewarding, perhaps its time to make some changes. Don't be afraid to grow. Ask God to help you really live while you are alive.

(Dr. Trimyer is minister of the Elon Baptist Church in Pamplin City, Virginia.)

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Happy New Year!

Goody for the Gooey Goobers

Allan R. Magie, Ph.D., M.P.H.

Mothers, don't be t o concerned because your children are always asking for a peanut butter sandwich—it's about the best nutritional bargain available today.

While peanut butter may stick to the roof of your mouth, it also sticks to your ribs. Not only do you feel well fed, you are.

While people living in South America ate a peanut paste similar to peanut butter several centuries ago, it didn't really catch on as a dietary staple until the late 1800's when an American physician concocted the blend, which he thought to be a good, nutritious food for his patients. He was right, of course. Not only did persons needing a good diet supplement begin eating the gooey delight, but it soon became a favorite of many other Americans. It has become such an important staple in the American diet that over one-half of the United States peanut crop ends up as peanut butter. Last year every American, on the average, ate about three pounds of this nutritious mixture.

Although peanut butter sandwiches have not yet become a worldwide favorite, they have spread to most countries and are delighting the palates of youngsters almost everywhere.

While children may refuse to eat many highly nutritious foods, they seldom turn down peanut butter. That's fortunate because peanut butter is an excellent, yet inexpensive source of protein. According to the World Health Organization, an average man or growing child daily needs about 36 grams of protein. One sandwich, made with two tablespoons of peanut butter contains almost 11 grams of protein. That's more than one-fourth the daily need for this important growth and repair.

Peanut butter's inexpensive, too, at least in terms of North American prices. The cost of 20 grams of protein in a peanut butter sandwich is less than 20 cents. If bologna or other luncheon meat were substituted for the peanut butter the cost would almost triple (52 cents). Based on the amount of high quality protein, even tuna fish sandwiches and hamburgers cost more than peanut butter.

Another amazing feature is that peanut butter requires no additives—the ground goobers taste delicious just as they are. Of course, most commercial preparations have added salt and sugar to enhance their flavor, as well as fat to thicken it and make it the palates of youngsters almost everywhere.

Summing up, it can be said that peanut butter is a convenient, nutritious, inexpensive food that appeals to the taste buds of persons at any age.

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ENERGY SAVING IDEAS

HELPFUL IDEAS

These Colorful Decals Can Help You Save Energy

Save Energy! Of course, we all want to . . . but sometimes we forget about the ways we can use our home appliances more energy efficiently.

If you, or members of your family have trouble remembering . . . you may get help from a free set of seven colorful decals that give important energy-saving tips for refrigerator/freezers, automatic washers, dryers, air conditioners, ranges, dishwashers and microwave ovens. For instance, as energy-efficient as a microwave oven is, did you know that there are ways you can help make it even more efficient? A speedy rabbit that symbolizes the microwave oven decal tells you how with five energy-saving tips. The rest of the decals, available from Whirlpool Corporation, come in the shape of a penguin, tree, butterfly, bee, flower and sun.

Put all seven decals on the inside of a frequently used kitchen cabinet door or place each one on the door of the appropriate appliance—or any place where the family can see them and be reminded to save energy.

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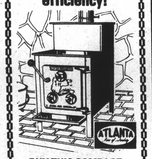
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